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FM BUMED WASHINGTON DC//00//  
SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (93-48)//  
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, DEPENDENTS, AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. RESPECTFULLY REQUEST FLEET COMMANDERS READD TO SHIPS AND OTHER SUBORDINATES WITH MEDICAL PERSONNEL, AS OPERATIONAL CONDITIONS PERMIT.

3. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
(930462)-BUMED/USMC Flag Selectees  
(930463)-USNH Guam -- Being a Good Neighbor  
(930464)-NavHosp Camp Pendleton Cardiologist Chosen for Clinton  
(930465)-NC Officer Elected as First Navy UNPA President  
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(930468)-US Army - Baylor University PT Graduate Program  
(930469)-HEALTHWATCH: Seasonal Affective Disorder  
(930470)-HIV and You!  
(930471)-NMCL's CMC Selected as COMNAVBASE CMC (para 4)

HEADLINE: BUMED/USMC Flag Selectees  
BUMED Washington (NSMN) -- Congratulations to admiral selectees CAPT William R. Rowley, MC; CAPT Jerry K. Johnson, DC; and CAPT Joan M. Engel, NC.

Secretary of Defense Les Aspin announced 21 December that the President had nominated these officers for promotion to the permanent grade of rear admiral (lower half).

Two of the new flag officers are stationed at BUMED, the third at Arlington Annex with the Marines.

Rowley is deputy assistant chief for Health Care Operations.

Engel is deputy director of the Navy Nurse Corps.

Johnson is The Dental Officer of the U.S. Marine Corps.

-USN-

HEADLINE: USNH Guam -- Being a Good Neighbor  
USNH Guam (NSMN) -- U.S. Naval Hospital Guam pathologist, LCDR Rob Heaton, MC, and his assistant, HM2 Steve Moore, recently returned from a short trip to Yap State, Federated States of

Micronesia, where they provided valuable assistance with a forensic autopsy. The attorney general of Yap contacted USNH Guam after several other options proved unsuccessful. Heaton, the only Navy pathologist on Guam, was able to provide the professional services needed and was glad to be of assistance. Commenting on the experience, Heaton remarked, "It was a pleasure to be able to assist the people of the neighboring islands."

Story by LT Donna Dolan, MSC

-USN-

HEADLINE: NavHosp Camp Pendleton Cardiologist Chosen for Clinton

NAVHOSP Camp Pendleton, CA (NSMN) -- A cardiologist working at Naval Hospital Camp Pendleton's Internal Medicine Department was chosen to augment the White House medical staff assigned to treat President Bill Clinton, his family and staff.

LCDR Dervilla Mairin McCann, MC, said she was thrilled, very honored and a little surprised. "There were excellent candidates to choose from, and five were ultimately interviewed," she said.

McCann will begin her White House tour of duty in May 1994 as the only cardiologist assigned to the President and will be joining a team of Navy, Army and Air Force medical personnel.

McCann said her greatest challenge would be supporting an extremely energetic and active President. "You accompany him to almost everything, and he keeps going from the early hours to the late hours," she said.

One of the three doctors assigned to the White House is always travelling with the President. Aside from a Navy cardiologist, the President has an Army oncologist and an Air Force endocrinologist. During the Reagan-Bush administrations, there was also a civilian doctor, but this is no longer the case.

McCann said the White House requested her to consider the White House billet last October and asked her to put in an application. She had been highly recommended by CDR Connie Mariano, MC, the President's current Navy physician, whom McCann will replace in May.

Last November, McCann flew to Washington and was interviewed by the White House military director, the head of the medical unit, and the head of security. Additionally, she met with the nurses and physicians assigned to the clinic.

She said the interview was formal, but the staff seemed to try to get a sense of what she would be like to work with. "Whether I fit in with current Administration," she said, adding, however, that her appointment was purely a military one.

McCann said she toured the East Wing of the White House where the First Lady has some office space, but what struck her most about the place is that "it is really and truly a residence."

She said it will be an accompanied tour, with her husband, Stephen, and sons Liam, 8, and Aiden, 5. McCann is a 1984 medical school graduate of Tufts University in Boston. She joined the Navy in 1981 under a scholarship program.

When asked if she ever thought she would someday be the President's doctor when she joined the Navy, McCann said, "Not in my wildest dreams. It is totally amazing to me."

"But I know it will really be an exciting time in my life, and I'm looking forward to it."  
Story by HM2 Edgar Nem Singh

-USN-

HEADLINE: NC Officer Elected as First Navy UNPA President

NAVHOSP Charleston, SC (NSMN) -- At a recent conference in Denver, LCDR Susan Herrold, NC, USN, became the first naval officer to serve as president of the Uniformed Nurse Practitioner Association.

The UNPA is a non-profit organization comprised of active duty and Reserve nurse practitioners/midwives of the uniformed services.

The organization's goal is to promote advanced nursing practice by: enhancing nursing education, stimulating research, fostering professional support systems and facilitating communication among the uniformed services. Herrold is assigned as head, Health Promotion Department, Naval Hospital Charleston.

-USN-

HEADLINE: Labhard Receives First Beatrice Ratner Award

NRA NEWS/NAVY TIMES Washington (NSMN) -- LT Susan C. Labhard, NC, USNR, is the first winner of the Naval Reserve Association's new Beatrice Ratner Award, given to the top junior officer in the Nurse Corps.

Labhard, a reservist since 1984, has served as the executive and commanding officer of Naval Reserve Fleet Hospital 9, based in Portland, OR, and is still a member of the unit. In civilian life, she's the nurse manager of the outpatient clinics at the Shriners Hospital for Crippled Children in Portland.

Information from December NRA News and Navy Times, 20 DEC 1993

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HEADLINE: Recent Procurements Benefit Naval Hospitals

BUMED Washington (NSMN) -- Naval Medical Logistics Command (NAVMEDLOGCOM) recently completed three major procurement actions, providing more than \$1.45 million in equipment and supplies to support breast cancer detection and biopsy, the practice of urology, and to provide much needed hospital beds and patient furniture for seven naval hospitals outside the continental United States (OCONUS).

In fiscal year 1992, the House of Representatives authorized funds for the U.S. Army Research and Development Command (USAMRDC) to coordinate breast cancer research among the three services. A portion of the funds was designated by USAMRDC to purchase "Prone Stereotactic Breast Biopsy Systems" for selected naval hospitals, furthering a national data collection effort in the use of this new technology. The following hospitals were selected by the Navy Surgeon General's Specialty Advisor for Radiology to receive this breast biopsy system and are all currently functional: National Naval Medical Center Bethesda, MD; Naval Medical Centers Portsmouth, VA, San Diego and Oakland, CA; Naval Hospitals Charleston, SC, and Pensacola, FL; and U.S. Naval Hospital Okinawa.

In late FY92, NAVMEDLOGCOM coordinated and initiated procurement of LORAD Stereotactic Breast Biopsy Systems for the above facilities. In late FY93, available funds at NAVMEDLOGCOM provided the opportunity to procure a complete LORAD Stereotactic Breast Biopsy System for Naval Hospital Camp Pendleton, CA, and additional consumables and equipment for the first seven sites, amounting to \$354,894.

In July 1993, CAPT J.F. Sands, MC, the Surgeon General's Specialty Advisor for Urology, presented a "Urology Paradigm" model to the BUMED Strategic Technology Planning Committee, chaired by the Deputy Chief of BUMED. The model is designed to specify the general equipment and supplies needed to support urologists in their practice. It serves as a planning tool to establish a baseline assessment of existing supplies and equipment to support the specialty, and to project current and future requirements. This allows the proper resource planning to incorporate new technologies consistent with specialty practice guidelines. The development of a model to support acquisition of new equipment is an objective methodology in determining command requirements and assessing future needs.

CAPT David Fisher, MSC, commanding officer of NAVMEDLOGCOM, recommended that should Operations and Maintenance (O&M) and Other Procurement (OP) funding become available, they be provided to commands identified in Sand's model with equipment shortfalls.

In September 1993, NAVMEDLOGCOM validated equipment requirements identified in the model and obligated \$409,000, providing urology equipment to 10 hospitals.

In mid-September 1993, Defense Personnel Support Center awarded a contract to Joerns Healthcare Inc. for electric beds and patient furniture. The contract was awarded on the basis of "best value" to the government. The Technical Evaluation Panel consisted of clinical nursing and biomedical repair representatives from the Navy, Army, Air Force, Public Health Service and Department of Veterans Affairs.

Available FY93 O&M,DHP funds at NAVMEDLOGCOM provided the ability to procure \$600,000-worth of replacement hospital beds and furniture for U.S. Naval Hospitals Guam, Keflavik (Iceland), Okinawa, Yokosuka (Japan), Guantanamo Bay (Cuba), Naples (Italy) and Rota (Spain).

Story by LCDR Bill Kinney, MSC

Head, Strategic Technology Planning Branch (MED 424), BUMED

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HEADLINE: US Army - Baylor University PT Graduate Program

USA Fort Sam Houston, TX (NSMN) -- 13 December 1993 marked the opening of the 1993-95 class of the U.S. Army-Baylor University Graduate Program in Physical Therapy. This is the first class in which the Navy Medical Department has participated since 1987.

Located at the Army Medical Department Center and School (AMEDDC&S), Fort Sam Houston, TX, this American Physical Therapy Association (APTA) accredited master's degree program is tri-service in the composition of its faculty and student body.

Among the 24 Army, Air Force and Navy students beginning the demanding 18-month curriculum are four Navy Medical Service Corps officers: LTjg Lynn O'Neil, LTjg Frank Pearson, ENS Thomas Longhway and ENS Laura Vilcenda. CDR William S. Quillen, MSC, currently serves as the Navy faculty representative. Selection for the program is highly competitive and offers qualified individuals an opportunity to be commissioned and earn a degree in physical therapy. Further information concerning the program can be obtained by calling the school at (210) 221-6457, DSN 471-6457, or by contacting the Navy Specialty Advisor for Physical Therapy at (301) 295-4879, DSN 295-4879.

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HEADLINE: HEALTHWATCH: Seasonal Affective Disorder

NMCL Philadelphia (NSMN) -- The winter season is here with its many holiday celebrations. Even though this time of the year is filled with joyous and happy events, for some people this season can also be a time of sadness. Having "post-holiday blues" can be expected after all the holiday celebrations have passed. However, some peoples' "sadness," tiredness, loss of energy, irritability, headaches or sleep disorders can be attributed to what has been called "Seasonal Affective Disorder" (SAD). SAD has been given a variety of other names, such as "Light Hunger," "Grey Sky Syndrome" or "Winter Depression." People who are afflicted with SAD have the occurrence every year -- most often in the fall and winter months -- of depressed moods and disorders of sleep quality and quantity. Often, the symptoms are more pronounced in the afternoon.

Some researchers have linked SAD to a decreased exposure to natural light (sunlight). Some studies have suggested SAD can be improved by maintaining a daily dose of bright, white, full-spectrum lighting for six to eight hours each day and by increasing one's exposure to natural light.

If you think you might have the "winter blues," and you work indoors without much natural light, try stepping outside during your break, or going to an area of your building that has a lot of natural light. When the weather is reasonable, go for a walk during your lunch break.

Story by LCDR Scott Limpert, MC, head, Occupational Health and Preventive Medicine, Naval Medical Clinic Philadelphia

-USN-

HEADLINE: HIV and You!

BUMED Washington (NSMN) -- When a military member tests positive for the human immunodeficiency virus (HIV) they must sign preventive medicine orders. This is a confidential document that is sent to the individual's commanding officer. It must be signed, witnessed (by someone other than the CO) and the signed original returned to BUPERS. The following is an excerpt from these orders:

"This command has been advised that you were counseled by preventive medicine personnel concerning your diagnosis of HIV positivity, the risk this condition poses to your health, as well as the risk you pose to others. In the counseling you were

advised by medical personnel as to necessary precautions you should take to minimize the health risk to others as a result of your condition. This command has great concern for the health, welfare and morale of you and other military personnel in this command. For these reasons I am imposing the following restrictions described to you in your medical counseling on your conduct:

"1. Prior to engaging in sexual activity, or any activity in which your bodily fluids may be transmitted to another person, you must verbally advise any prospective sexual partner of your HIV positivity and the risk of possible infection.

"2. If your partner consents to sexual relations, you shall not engage in sexual activities without the use of a condom.

"3. You must advise your potential partner that the use of a condom does not guarantee the virus will not be transmitted.

"4. You shall not donate blood, sperm, body tissue, organs or other body fluids.

"5. In the event that you require emergency care, you are ordered to inform personnel responding to your emergency that you are HIV positive, conditions permitting (e.g., unconscious).

"6. When you seek medical or dental care, you must inform health care providers that you are HIV positive before treatment is initiated.

"Important: Your failure to comply with these orders may subject you to disciplinary action under the UCMJ and/or administrative separation."

For more information or to become a Navy-certified HIV prevention instructor, call the Navy HIV Program at DSN 295-0048; (301) 295-0048.

Story by LCDR Catherine Wilson, NC, USN

Surgeon General's Representative for HIV Education Policy

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4. Changes of Command: Information on new assignments of Navy Medical Department leaders.

HEADLINE: NMCL's CMC Selected as COMNAVBASE CMC

NMCL Philadelphia (NSMN) -- HMCN(AW) Robert W. Conyers has been selected by RADN Louise Wilnot to succeed HMCN Ronald Littlejohn as COMNAVBASE Philadelphia's Command Master Chief and Senior Enlisted Advisor.

Conyers, a native Philadelphian, is currently serving as Command Master Chief, Naval Medical Clinic Philadelphia. He has served in a variety of staff and operational assignments both afloat and ashore over the past 27 years. The Change of Office Ceremony is scheduled for 14 January 1994.

HMCN Lee F. Morissette will assume responsibilities as the Command Senior Chief, NMCL Philadelphia, during a 4 January Change of Office Ceremony.

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5. January observances and events occurring 1-8 January:

National Volunteer Blood Donor Month

1-7 January: Universal Letter Writing Week

4 January: Trivia Day  
5 January: Public Information Day  
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6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS  
ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY  
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